

Kelly Amstadt Bodywork

Welcome!

Thank you for your interest in my bodywork practice. I look forward to working with you. To give me a better understanding of your specific concerns, please provide the following information.

Name: _____ Date: _____

Occupation:

What is your primary reason for seeking this work?

What have you done for relief/healing?

Do you have a specific health concern? (please describe)

Has there been a medical diagnosis? Y N If yes, please state diagnosis.

Do you have other areas of pain or concern?

Please list any surgeries or other medical interventions along with the date performed.

Are you scheduled for a surgical procedure?

Are you taking any medications?

Do you practice meditation, energy work or spiritual healing?

If you are receiving care through other modalities, please list type of care and provider.

Do you experience anxiety?

How is your sleep quality? Check all that apply:

Wake up tired _____ Nightmares _____ Restless Legs _____

Teeth Grinding _____ Sleep Apnea _____ Snoring _____

Difficulty falling asleep _____

Wake up during the night _____ (at what time? _____)

What time do you go to sleep? _____

How many hours do you sleep per night on average? _____

Do you have any questions you'd like me to address during the session?

Kelly has over 3,000 hours of training in bodywork including but not limited to Chi Nei Tsang, Craniosacral Therapy, Structural Integration, massage, and Lymphatic Drainage. Please give a number from **0-5** showing your level of interest in each of these modalities.

Chi Nei Tsang _____

Craniosacral Therapy _____

Structural Integration _____

Massage _____

Lymphatic Drainage _____

Are you open to receiving a combination of two or more of these modalities during a single session if Kelly discusses with you how they might help your healing and wellbeing?

Yes _____ No _____

Anything else you'd like me to know?

Ca SB577

Kelly Amstadt is a California health care service provider of complementary and alternative health care practices and makes the following disclosures pursuant to Sections 2053-5 and 2053.6 of the California Business and Professions Code as enacted into law by SB577 and approved by the Governor on September 23 2002.

I am not a licensed physician and do not diagnose illness, disease, or mental disorders, nor do I prescribe treatment or pharmaceuticals.

The services provided here are alternative or complementary to healing arts services licensed by the State of California.

Bodywork services provided by Kelly Amstadt are not medically licensed by the State of California. Kelly Amstadt has a permit from the state of California (CAMTC #1139) to practice bodywork.

Kelly Amstadt has over 3,000 hours of training in Chi Nei Tsang, Craniosacral Therapy, Structural Integration, Lymphatic Drainage, Massage and other techniques. Copies of certificates are available in the treatment room for your review. She welcomes questions about her background, education and experience in bodywork.

Chi Nei Tsang is an Eastern therapy akin to the Western modality called Visceral Manipulation. Techniques to improve breathing and fundamental self-help skills to improve the function of the internal organs are taught. I provide guidance in personalizing diet and other health-related lifestyle matters, and specific and relevant visualization and meditation practices to further enhance the effect of manual treatments.

Kelly is trained in Chi-Kung, and during Chi Nei Tsang sessions works mainly on the abdomen with deep, soft and gentle touches, to train internal organs to work more efficiently. Unprocessed emotional charges are addressed in this manner, as well as all of the body systems: digestive, respiratory, cardiovascular, lymphatic, nervous, endocrine, urinary, reproductive, muscular-skeletal, and the energy pathways of the meridian system. This training holds a belief that we are all responsible for our own health and that healing comes from within.

Craniosacral Therapy is a bodywork method that focuses on gently stimulating your Craniosacral system (membranes and fluid that surround the brain and spinal cord) to heal the body by improving the functioning of the central nervous system. CST effectively complements your body's natural healing process, and has been known to help alleviate a wide variety of problems including:

- Central Nervous System Disorders
- Chronic Fatigue Syndrome
- TMJ
- Fibromyalgia
- Headaches (migraine, cluster, sinus)
- Whiplash injuries

Structural Integration (SI) is a scientifically validated system of restructuring the human body. It releases the body from life-long patterns of tension and allows gravity to naturally realign them. This deep therapy is highly effective for improving posture, reducing or eliminating chronic pain, and releasing long-term emotional and mental stress.

A typical treatment (called a "10 series") consists of ten weekly sessions. Each session focuses on a certain area of your body. These sessions are organized into a specific sequence to most effectively realign the entire body. When the treatment is completed, you will experience a 'new' body that has better posture and a more relaxed relationship to gravity. However, you are welcome to receive a single session. SI sessions from Kelly Amstadt usually involve half SI and half Chi Nei Tsang.

Lymphatic Drainage aims to gently and rhythmically move the lymph through the body, especially swollen areas of the body, relieving pressure and enhancing the functioning of the immune system. As both a preventative and remedial technique, MLD can be used for a wide range of purposes including lymphedema, faster recovery from injury, reduction of swelling and discomfort from pregnancy, and strengthened resistance to illness.

Please sign below to acknowledge the following, as required by law:

- I have read and understood the information provided by the disclosure form.
- I have been given a copy of this disclosure form for my records.
- I understand that Kelly Amstadt is required to maintain my signed copy of this disclosure form for a period of three years from this date.
- I understand that there is a 24-hour cancellation policy, and agree to be financially responsible for appointments that I am unable to keep. This policy goes both ways, with Kelly Amstadt offering your next treatment free of charge if she is unable to keep a scheduled appointment. If either you or Kelly are sick, injured or has a true emergency, this policy does not apply.

Signature Date:

Print Your Name:

Birthdate:

Address:

Primary Phone:

Email:

Who to contact in case of emergency/phone?

Who may I thank for referring you?

Signature _____